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## China - Peoples Republic of

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### China's Nutritional Catering Requirements for the Restaurant Industry

**Report Categories:**

HRI Food Service Sector

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**Report Highlights:**

On March 1, China began implementation of a new nutritional standard for the restaurant industry. The standard as issued on September 27, 2008.

**General Information:**

**Author Defined:**

### Nutritional Catering Requirements for the Restaurant Industry

#### Industry Standard for Domestic Trade of the People's Republic of China

SB/T 10474—2008

Issue date: Sept 27, 2008

Implementation date: March 1, 2009

## **Foreword**

This industry standard was proposed by and is under the jurisdiction of the Ministry of Commerce of the People's Republic of China.

This industry standard was drafted by China Cuisine Association, Beijing Hehegu Restaurant Management Co., Ltd.

The leading draftsmen for this Standard: Yang Liu, Feng Enyuan, Zhao Shen, Fan Zhihong, Xie Wenmei, Xu Yunfei

## **1. Scope**

This Standard specifies the relevant terms and definitions as well as the requirements included in the nutritional catering standard for the restaurant industry.

This Standard is applicable to the restaurant industry, including restaurants, dining halls (containing the dining halls of restaurants, guesthouses and hotels that cater to outside dinners), fast food restaurants, canteens and the delivery enterprises serving group meals.

## **2. Normative Quoted Documents**

The following normative documents contain provisions which, through reference in this Standard, constitute provisions of this Standard. For dated references, subsequent amendments to (excluding corrected errors), or revisions of, any of these publications do not apply. However, parties to agreements based on this Standard are encouraged to investigate the possibility of applying the most recent edition of the normative documents indicated below. For undated references, the latest edition of the referenced document applies.

GB14934—Hygienic Standard for Disinfection of Dinner and Drinking Set;

GB 16153 -- Hygienic Standard for Dining;

SB/T 10426 -- Operating Standards of Catering Enterprise;

Hygienic Standards for the Catering Industry and Group Food Service Providers (2005), issued by Ministry of Health of the People's Republic of China;

The Dietary Guidelines for Chinese Residents (2008) issued by Chinese Nutrition Society;

Chinese Dietary Reference Intakes, (DRIs) issued by Chinese Nutrition Society.

## **3. Terms and Definitions**

The following terms and definitions are applicable to this Standard.

### **3.1. Nutritionally balanced diet**

It refers to the procedures to prepare dietetic products that are suitable for the adequate nutritional requirements of different groups of people. This is in accordance with various features of diners

and applies a basic knowledge of nutrition.

### 3.2 Nutrient

It refers to the components in food that can offer energy, constituents of organism, tissue repair and physiological function regulations for human body. The nutrients necessary for the human body primarily include seven types of protein, carbohydrate, inorganic salts (mineral matters), vitamins, water and dietary fiber.

### 3.3. Staple food

It refers to the food in diet mainly comprised of the cooking materials of cereal and potato to offer carbohydrate, such as rice, steamed bread and noodle.

### 3.4. Subsidiary food

It refers to the food in diet except for staple food, not mainly comprised of the cooking materials of cereal and potato.

## 4. Basic requirements

### 4.1. Nutritional catering principles

Food matches should be made with reference to the Dietary Guidelines for Chinese Residents; to enable variety in food, mainly based on grains, collocating with more fruits and potato alike; to supply beans and dairy food; to offer right amount of animal products, giving priority to poultry and eggs; to control salt and alcoholic drinks and reduce the energy of fats and oils; reasonably select beverages; the cooking materials should be hygienic and fresh; all should pay attention to scientific methods of cooking.

### 4.2. Nutritional catering objectives

The nutritional catering objectives based on food should be in accordance with the requirements in Fig 1.

**Fig 1 Nutritional Catering Objectives Based On Food Types**

| Food type  | Requirements  |
|--|---|
| Staple food (rice, pastas, legumes and potato alike) | For each meal, one or more than one kind of staple food is required.  |
| Vegetables and fruits                                | For each meal, the cooked dishes made of vegetables or fruits (including mushroom and algae) are required.  |
| Animal, poultry, eggs and aquatic products           | For each meal, more than three kinds of such cooked dishes are required along with one kind of fish, poultry or egg.  |
| Soy bean and nuts                                    | For each meal, it is suitable to have soybean and its products together with some nuts.   |
| Beverages  | For each meal, it is suitable to have one or more of the following beverages:<br>A: Water (including plain boiled water and mineral water);<br>B: Milk (degreased or half-degreased) and yoghurt; |

|  |  |
|--|--|
|  | C: Vegetable and fruit juice (low sugar);<br>D: Tea<br>E: Others                                 |
| Fried, smoked, toasted and salted cooked dishes  | Generally, it is not suitable to have these exceed 10% of the gross amount of the cooked dishes. |
| Note: this Nutritional Catering Objectives is compiled with the reference to the UK Nutrient Standards for School Lunch and Other Foods. |  |

The nutritional catering objectives based on nutrient elements should accord with the requirements in Fig 2.

**Fig 2 Nutritional Catering Objectives Based On Nutrients**

| Nutrient elements   | Nutrient object of nutrient element for per person per day | Nutrient object of nutrient element for per person per meal |
|---|--|---|
| Energy /KJ (kcal)   | 1 600—2 800  | 640-1120  |
| Protein /g  | 59-104   | 24—41   |
| Percentage of energy from fat   | ≤30  | ≤30   |
| The reference nutrient object of nutrient element for per person per meal is 40% of the reference nutrient object of nutrient element for per person per day.<br>Note 2: Calculation basis: Chinese Dietary Reference Intakes.<br>Nutrient element is calculated by relevant data in China Food Composition 2004. |  |   |

## 5. Concrete requirements

### 5.1. Staple food

5.1.1. The finished food should be diversified with more than five types of cooking materials, rationally combining refined grain with coarse grain, liquid food with solid food and grain food with potato-like food.

5.1.2. It is suitable to adopt potato-like food to replace some of the staple food by selecting the right amount of whole grains, dried legumes and enriched cooking materials.

### 5.2. Subsidiary food

5.2.1. Animal (meat product) food use should be diversified in variety as possible, selecting more aquatic products such as fish and shrimp while more lean meat with less fatty meat or animal tallow is adopted in animal and poultry meats.

5.2.2. More dark-colored fruits or vegetables should be used while vegetables and fruits should not take the place of each other completely. The first choice of vegetables should be fresh and green vegetables, which should be combined with proper flower, fruit, root and tuber vegetables.

5.2.3. Beverages should include less artificial color, food flavor and fewer carbonated drinks. To select proper amount of healthful freshly-pressed fruit or vegetable juices and protein drinks such as soybean milk and peanut pulp.

5.2.4. Proper use of beans and milk.

5.2.5. Salt should be moderate, for 300g solid cooked dish, the salt should not exceed 1.5g.

5.2.6. Cooking oil should be moderate, for 300g solid cooked dish, the cooking oil should be 5-8g.

### **5.3. Cooking methods**

5.3.1. Rational cooking methods should be adopted. To control oil absorption from cooking, recommended methods include steaming, quick-boiling, braising and stir-frying and less frying, smoking and toasting.

5.3.2. Such cooking methods should also include proper washing/cleaning, cutting after washed, preparing cooking materials on schedule and scalding in boiling water to avoid the loss of nutrient elements.

5.3.3. Such cooking methods should be adopted as starching operation, stir-fry, thickening and instant-cook-instant-eat to protect nutrient elements.

5.3.4. Unhealthy cooking methods should be eliminated and the cooking oil temperature should not be too high.

### **5.4 Sanitation safety**

5.4.1. It should be clean and tidy inside or outside of the restaurant, and the sanitary conditions of the site for business operation should accord with the regulations defined in GB 16153. Measures should be taken to prevent infestation from insects, flies, cockroaches and rats to comply with the evaluating standard of eliminating the four pests stipulated by National Patriotic Health Campaign Committee.

5.4.2. The cooking materials should be fresh and hygienic, jobholders such as processing and operating staff should comply with the regulations in Hygienic Standards for the Catering Industry and Group Food Service Providers.

5.4.3. Tableware or eating utensils should be strictly sterilized in accordance with the regulations in GB 14934

### **5.5. Nutrition management**

5.5.1. The restaurants, canteens and collective food providers with the business area more than 300 seats should be provided with full-time (part-time) nutritional catering professionals who should be qualified through strict professional training.

5.5.2. The collective food providers with daily supply more than 10,000 meals should be provided with a safety detection department for food sanitation with the ability for nutrient guidance.

5.5.3. The eating and drinking establishments with the business area more than 300 seats and the catering enterprises with more than 500 chain shops should offer the dinners the nutrient information in the aspects of energy, protein, fat and sodium content in the cooked dishes.

5.5.4. The eating and drinking establishments with the business area more than 300 seats and the catering enterprises with more than 500 chain shops should provide publicities on nutrient know-how in dining environment.

5.5.5. The eating and drinking establishments should improve nutrient structures and establish scientific cooking system and train the chefs and other jobholders about the nutritional knowledge.

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